

Boiled Peas and Carrots

Boiled peas and carrots combined their texture and flavors to make a delicious vegetable dish. Peas are soft, while the carrots tend to be firmer. By combining the two together, there is one less pan to wash. Cooked together, the carrots will not be sweetened. The combined flavor of peas and carrots improves the flavor of both. Any leftovers can be used in later casserole dishes or soups. In fact, this can be a great way to prepare for batches of leftover foods. After cooking, the peas and carrots can easily be frozen together to thaw when needed.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon.
- Pan: 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:

- 15 ounces of carrots
- 15 ounces of peas

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart sauce pan:
1 tablespoon of butter
15 ounces of carrots
15 ounces of peas
Dash of salt
Spices such as pepper to taste
Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.